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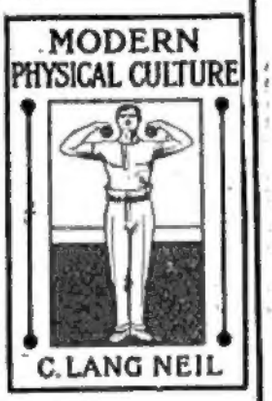

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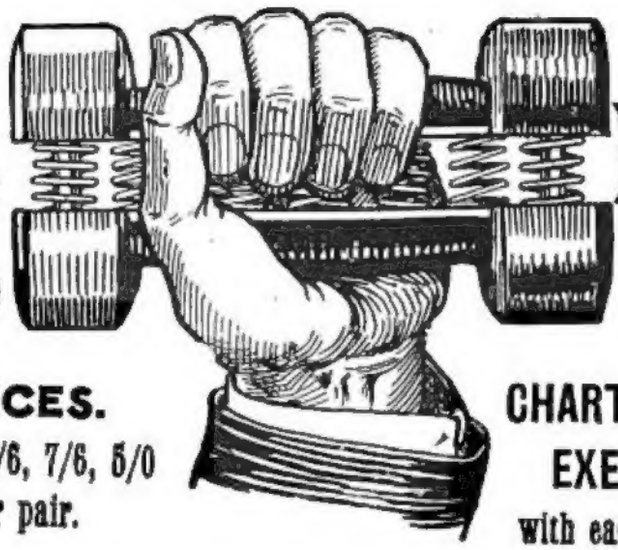

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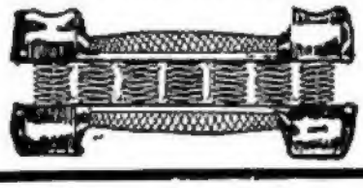

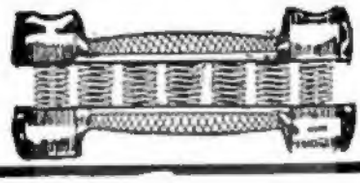

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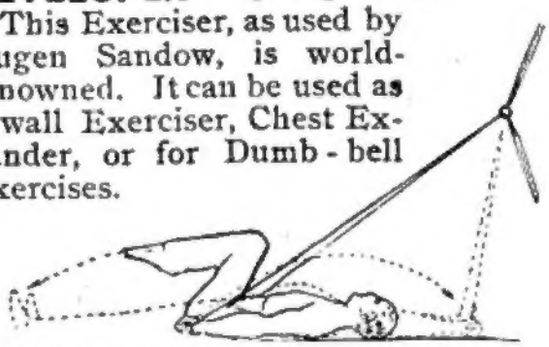

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(Est. 1898). VOL. XVI. No. 14. APRIL 5, 1906.

SANDOW'S MAGAZINE

... OF ...

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Editor: EUGEN SANDOW.
Assistant Editor: FRANK PINK.

MOTTO:—*Mens Sana in Corpore Sano*—A SOUND MIND IN A SOUND BODY.

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NOTES FROM MY NOTE-BOOK.

BY THE EDITOR.

No phase of the work connected with this Magazine gives me greater pleasure than the letters I receive every week from the members of the recently-formed "Readers' Club." It is not only cheering to read such manly, excellently-expressed opinions of the correspondents' personal experiences of physical culture, but, what I must confess has surprised me most, is the spirit of altruism displayed by so many. The motto, "One can help many," has caught on, and as a result of this I have decided to form another club, the "Correspondence Club," by means of which members interested in certain phases of our pet subject will be brought more directly into touch with one another.

o——o

The result of the "Readers' Club" convinces me that quite a number of its members and of readers generally would like to be able to correspond directly with one another, through the post, and in this way, I have no doubt, many valuable friendships may be formed. In fact, I see no reason why an ever-circulator might not develop out of this idea, and so the motto of the Club would take an even more extended scope than it does at present. The thought of forming a "Correspondence Club" arose from the number of communications I have already received from readers asking for the private addresses of others interested in particular phases of physical culture.

o——o

What I propose to do, therefore, is to devote a portion of our space each week to the insertion of the names and addresses of those who wish to open up direct correspondence with one another through the post, on any phase of our pet subject—physical culture—or, for that matter, indeed, on anything appertaining to physiology, health, psychology, hygiene, and other kindred matters associated with the welfare of the body. One of

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the results of the "Readers' Club" has been to demonstrate the fact that many members may be living within a few miles of one another—in the same street of the same town, sometimes—and yet, though each is keenly interested in physical culture, etc., neither is aware of the close proximity of someone having an affinity of tastes, until he sees a letter appearing in the "Readers' Club" section.

o——o

All letters for the new feature of the paper should be addressed to "Correspondence Editor," Sandow's Magazine, Temple Chambers, London, E.C., and as soon as possible after their receipt the names and addresses of the senders will be published, together with full particulars of the nature of the subject or subjects in which the writers are interested. For instance, "J. J." may wish to hear from any reader interested in physiology and hygiene, and his name and address with this request will appear under the heading, "Correspondence Club," when he will doubtless receive a reply from other Sandow-ites.

Shevlin Honoured.

By the recent voting at Yale, Tom Shevlin, a finely-developed young fellow, America's collegiate champion hammer-thrower, and captain of the football team, was declared to have done the most for his college, as well as being voted as the best athlete. Shevlin is a keen Physical Culturist.

o——o

The relation of games and physical culture to athletics is a favourite subject with the preacher, and one of the most common-sense utterances I have read on the subject was that recently given by the Rev. W. W. Beveridge, at Glasgow. The rev. gentleman himself is an old international footballer and at one time held the hundred yards sprint record. "Vice," he said, "was often just suppressed perspiration, and a wise devotion to athletics and physical culture can do more for young men than all the medicines in the apothecary's pharmacopœia." The whole sermon was a magnificent counter-blast to those who so foolishly denounce the training of the body for games of speed, strength, and endurance as being overdone at the present day.

o——o

Bristol is indeed to be heartily congratulated on its work in the good cause of physical training and physical education of the children. In fact, the City on the Avon is one of the most enterprising centres of physical culture, and all the schools under the control of the Bristol Education Committee are physically well looked after, thanks very largely to the enthusiasm and enterprise of Mr. E. Percy Rea, superintendent of physical instruction. Mr. Rea even went so far as to visit Germany to study the system in vogue there, and many of its best points have now been incorporated in the Bristol schools.

tion. o——o

The system commences in the infant school, where the smallest children are taught simple movements. More intricate movements are introduced as the pupil advances to the higher standards, and swimming is taught to every boy and girl whose parents have given consent. The drills, though British, are moulded on Swedish lines, and a number of the finest exercises used in the Sandow System are incorporated into the movements. Needless to say, the parents are delighted at the results of all this bodily care.

Eugen Sandow.

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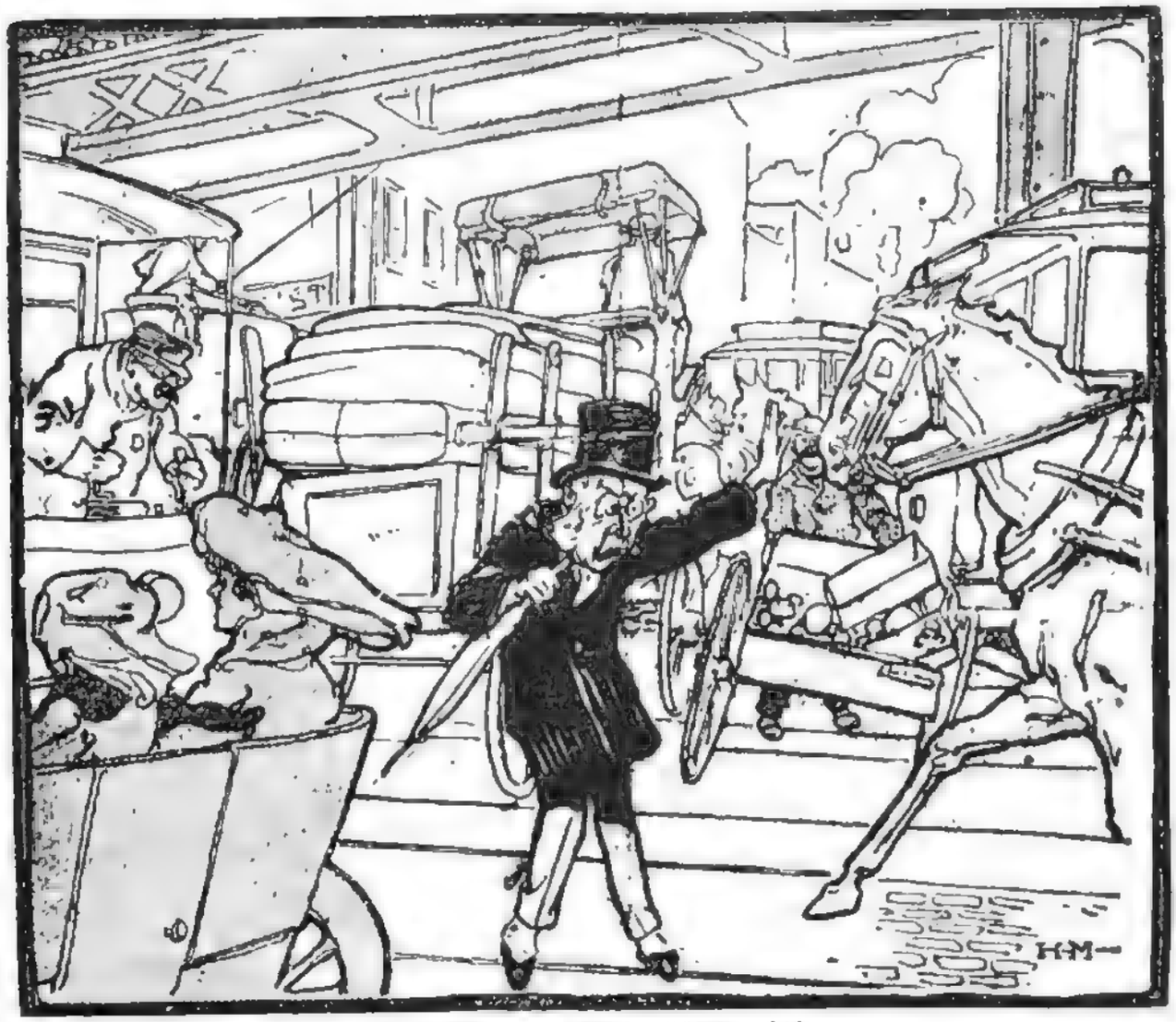


The Terrible Nerve Strain of Modern Life.

ARE WE GOING MAD?

Some Characteristic Signs of Incipient Insanity. By A LUNACY EXPERT.

ARE you a victim of "brain freaks"? Do you ever look for something, only to find it in your hand? Do you ever use a wrong word in mistake? Do you jump in the street is someone suddenly shouts out at you? If so, you are a victim of "brain freaks." And you may one day become insane.

Very elaborate experiments have been made recently in French scientific circles with a view to ascertaining if these curious mental actions were evidences of incipient insanity or merely strange traits affecting the majority of human beings.

VICTIMS OF "MOTOR" HABITS.

The tests made were mostly very amusing. Men and women were watched when they sought supposedly-lost spectacles, only to find them perched on their foreheads. Another case instanced in the investigations was that of a young man who hurried into a restaurant to get lunch, leaving his bicycle outside. After lunch he carefully carried his chair out with him, and started to mount it like a bicycle, to the amusement of the crowd.

How many times have you looked at your watch to discover the time, and then put it back into your pocket without the slightest idea of the hour?

Such cases are known as "motor" habits, and are by no means evidences of insanity, though some authorities have endeavoured to create a "scare" by declaring it as their opinion that a person so

Thought he was Mounting his Bicycle.

afflicted should be carefully treated lest these symptoms should develop into something more serious. In fact, in many highly nervous people, it is very difficult to tell just where sanity leaves off and insanity begins. There are, however, a certain number of signs that may safely be allowed to indicate insanity.

Insanity has not only been very much on the increase of late, but there are many people going about quite sane, whose nervous systems, already worn to a thread, may give way altogether at any moment, and make them raving maniacs, suicidal melancholics, or helpless paretics.

STUDY THE MAN BESIDE YOU.

It is true that your next-door neighbour, a man with whom you are in daily touch; your business partner, the man who sits next to you in the tramcar, may be in such a condition that it would need only one more strain to shatter his mental structure and make him dangerous to himself or to others. To the experienced physician, with an eye trained to watch for physical and outward signs of insanity, these cases occur every day. In almost any heterogeneous gathering of any number, one or more persons are easily discernible concerning whose mental condition there is good reason to be anxious.

But to the layman these outward signs are not so readily apparent. Indeed, it is almost impossible to describe them so that a layman could distinguish them, even if he were looking for them. This is due to the fact that there are so many forms of insanity, differing so widely, the outward signs of which are absolutely unlike any of the others.

But there are certain premonitory symptoms of the more prevalent forms of insanity that can be counted on, as a general thing, as infallible.

PREVALENCE OF PARALYSIS.

Paranoia, for instance, which is a very prevalent type of insanity, is almost invariably indicated by a peculiarly conceited, self-satisfied expression of countenance. The patient poses, sneers contemptuously, and in every way shows his tremendously "stage-struck" condition. He is absolutely controlled by the "ego"; everything to him is "I, I, I." He is a monomaniac, with one set idea, a single purpose. Here, you see in a mild form, the symptoms of paranoia may be confounded with the outward attributes of a perfectly sane person with a particularly fixed, set purpose. Of course, the expert on insanity will not confound one with the other, but the novice would very likely do so.

Religious fanatics, inventors whose minds have been turned by too close application to an invention, may be classed under the head of paranoiacs. The type is very common.

In paresis, which is claiming its victims in tremendous numbers, there are many physical signs that are almost incontrovertible. The exaggerated twitching of the facial muscles in conversation, the occasional tendency of the eye to turn outward, the weakness of the legs and flabbiness of all muscles are preliminary symptoms that give warning that a man is about to break down under the strain of work or worry. Such cases are of daily encounter, and are readily distinguished.

Melancholia is one of the saddest forms

of insanity to be met with. The victim suffers from the most terrible mental depression. He is pursued by a belief that he is to be punished for some offence that he has committed in the past. He imagines that he has committed the unpardonable sin, or that he has offended his Maker in such a way that hell, with all its furies, is after him. He suffers the most heartrending agony from this delusion, and cannot be comforted, as a rule, though in some stages melancholia is curable.

Such a mental condition as this cannot fail to depict itself on the human countenance, and you will find a victim of melancholy distinguishable by his woe-begone aspect. He weeps, there is a terror-stricken expression in his eyes, and he cannot be comforted.

MURDER IN THE MAKING.

With the victim of mania—the maniac—the symptoms are often similar to those found in melancholia, though generally the disease gives the victim an appearance of great elation. The eyes are abnormally bright, the features are alert and tense, and an air of tremendous excitement is apparent. This is from the constant fear that something is about to happen. The maniac imagines that he is pursued by the Freemasons, by the police, by a fiend in human form—by anything that his fancy happens to dictate. It is not through any fault of his own, however, that he believes he is to be punished by some unseen power. Quite the contrary. He is persecuted, while, as I have said, the melancholic is satisfied that he is the offender and that the punishment in store for him is just what he deserves.

Dementia is another form of insanity that claims its victims by the thousands every year. There is the senile dementia, the breaking up of the mental system of old people. In this form the disease manifests itself by an increasing helplessness of the person afflicted, a gradual loss of the faculties. It is so common that it occasions no comment, and everybody is familiar with the symptoms.

But there is the other form, prevalent among younger persons. Excessive strain, continued worry or trouble, allied

Absent-mindedness often an early sign of Insanity.

to a weakened physical system, are the causes. It manifests itself through the gradual loss of some faculty that has been all right till now. For instance, a business man finds himself gradually losing his memory. He cannot remember business engagements, business names, dates or places.

THE RESULT OF THE STRENUOUS LIFE.

This loss of memory for details is an alarming symptom, and one that should be given careful and immediate attention. The patient, if taken at the right time, may be cured, but not after the disease has got a firm hold on him. Unarrested, dementia of this kind will gradually benumb all the faculties, the face will wear an empty, vacuous look, and the patient become absolutely helpless.

The causes of insanity, I think, today, are not so much intemperance and dissipation, as is generally believed. The real cause is not ourselves at all, but our parents. The last generation was the first to feel the great strain of modern conditions, and we, their children, are suffering from the neurotic state into

Sees his Watch, but not the Time.

which they allowed themselves to be worked.

We are vastly more nervous than our parents were, and our whole nervous systems much weaker. With a greater demand upon us, then, and less stamina with which to meet it, the result is unavoidable. Brought to the test, we are found wanting. Our minds, unstably balanced, give way.

Even if we survive the battle of to-day, we cannot help being affected, and as a consequence the children of the next generation have little to look forward to. Insanity will be a great deal more common in twenty years from now than it is to-day. There can be no question of this, and I see no escape from such a condition unless the conditions of modern life can be changed, and that is as near hopeless as anything I can imagine.

Simple living, surcease from the mad rush for money, careful attention to health, and a natural way of existing—these are as necessary to the prolongation of the life of this country as the breathing of its individuals.

NOTES CONCERNING HEALTH.

By Dr. M. L. Holbrook.

A SANITARY CONSCIENCE.

CONSCIENCE is a feeling which we have with reference to conduct and as to whether it is good or bad, right or wrong. If this feeling approves an act, either in ourselves or in another, we are led to believe it is good. If it disapproves, we regard it as wrong. Of course, we may make mistakes. If the conscience is not enlightened it may approve of that which is wrong. This is apt to be the case in questions which require large knowledge and a capacity for judging things that are intricate and involved. But on simple questions no one need go far astray. A sanitary conscience is one in which this feeling relates to matters of hygiene or health. Let me illustrate the subject with a few examples.

A man with an enlightened sanitary conscience would not rent a house which was in an unsanitary condition without remedying it or informing the one to whom he rents it of its state so he may refuse to take it, or if he takes it to make such changes that it shall be wholesome to live in.

A dealer in foods, with a sanitary conscience, will not sell adulterated articles to his customers to the injury of their health.

Parents with children sick with contagious diseases will do all in their power to protect children of other families from exposure and the danger of infection. A teacher with a sanitary conscience will protect her pupils from the injury they might receive from foul air in unventilated schoolrooms.

A physician, with a sanitary conscience, will not advise a young man saturated with vile diseases to marry; he will do all he can to keep him from it.

A person with consumption with a sanitary conscience will not expectorate where the matter may, drying, be scattered by the wind and infect others.

A dairyman, with a sanitary conscience, will not sell milk from cows infected with disease.

A water company, if it has a sanitary conscience, supplying a town will take

every possible precaution to have that water pure and wholesome.

And so I might go on and enumerate a hundred or more cases, but the reader can do this for himself. I need only add that a sanitary conscience is much needed to make more effective the knowledge of hygiene which has spread so rapidly within this century.

SUGGESTION FOR DIPSOMANIA.

Dipsomania is a drink disease in which the patient has occasional bouts of drinking with intervals of abstinence. It is different from inebriety, in which the person drinks constantly without intervals of soberness. The diseases are different and have different causes, and the characters of the persons are different. The inebriate has other excesses and vices; the dipsomaniac rarely, and has great shame and mortification after the bout is over, tries to hide his bouts, often goes away from friends, if able, and hides it till it is all over; not so the inebriate. Within a few years suggestion has been used much in Europe and England to cure dipsomania. Suggestion is the new name for mesmerism and hypnotism. Dr. Bramwell, a well-known English physician, has used suggestion for some years in treating drink diseases, and recently reported three cases among many others in a lecture before an English society for the study of inebriety. They were extreme or severe cases, and some of them had been in institutions for a year or more, only to relapse in a short time after coming out.

Case one. Hypnotised a few times when he, thinking he was cured, stopped treatment. He relapsed and again took treatment; was hypnotised daily for a week. This was in 1890. Since that time there has been no relapse, but the enjoyment of perfect health. At the beginning he was emaciated, feeble and nervous.

Case two. Was hypnotised 44 times from February 21st to April 23rd, 1893. He was perfectly cured and no relapse. Has been in splendid health ever since.

Case three. A woman, educated and moved in high circles. Hypnotised 30 times from November, 1893, to February, 1894. At this date has had no relapse and enjoys excellent health.

Dr. Bramwell has treated a large number of cases and made failures, but his failures have not been entirely so; some benefit has generally been received, nor are his three cases reported his only successes; he has had many successes, more than failures. The difficulties of success are several, but the main one we refer to is the inability or unwillingness to accept the suggestion. If not accepted it does no good. If you suggest to a boy that he should not do certain evil things and he does not accept your hint it does no good. One beauty of suggestion is that eventually or after a number of treatments the patient can co-operate with the physician and eventually make successful his own suggestions. In the hypnotic trance a suggestion will be received by the patient when it would not have been in a normal state.

Dr. Paul Carns objects to the use of hypnotism on the ground of its unwholesomeness as a mental exercise, but Dr. Carns is not a physician and has not had experience with it in its higher forms. I, too, would object to it in the hands of unskilled or immoral persons. Only the high-minded and enlightened should use this subtle psychic remedy.

PREVENTION OF CONSUMPTION.

Prof. Alibut, in an address before the English National Association for the prevention of consumption, indicated the principles on which preventive measures must be based. He epitomised the precautions as a crusade against three D's —damp, darkness and dirt: a crusade which, as he reminded his hearers, every individual could carry out in his own home. In getting rid of these evils they would be raising the standard of the general health to a much higher level. There is much wisdom in inculcating the general principles of hygiene in public meetings, for general hygiene appeals most strongly to the mind when its application to a special evil is forcibly impressed.

Exercise in the open air is of the greatest utility in the prevention of consumption. After the disease is developed it must be used with more caution, and in such a way as not to put great demands upon the vital powers of the patient. Moderate exercise out of doors and gentle respiratory exercises may be made

beneficial, especially if directed to their gentle tonic effect and toward the better aeration of the pulmonary tissue. Exercise of a rational character has saved multitudes from dying of this disease.

THE SENSE OF TASTE.

The sense of taste is a very important one. It gives pleasure and it also warns us against foods which may be injurious. But taste is not equally distributed over the whole surface of the tongue alike. There are three distinct regions or tracts, each of which has to perform its own special office and function. The tip of the tongue is concerned mainly with pungent and acrid tastes; the middle portion is sensitive chiefly to sweets and bitters; while the back or lower portion confines itself almost exclusively to the flavours of roast meats, butter, oils, and other rich and fatty substances. There are very good reasons for this subdivision of faculties in the tongue, the object being, as it were, to make each piece of food undergo three separate examinations, which must be successively passed before it is admitted into full participation in the human economy. The first examination, as we shall shortly see, gets rid at once of substances which would be actively and immediately destructive to the very tissues of the mouth and body; the second discriminates between poisonous and chemically harmless food-stuffs; and the third merely decides the minor question whether the particular food is likely to prove then and there wholesome or indigestible to the particular person. The sense of taste proceeds, in fact, upon the principle of gradual selection and elimination; it refuses first what is positively destructive, next what is more remotely deleterious, and finally what is only undesirable or over-luscious.

ONE DROP WOULD KILL A MAN.

One drop of oil of capsicum would kill a man, if taken at one time and undiluted; but in actual practice we buy it in such a very diluted form that less harm arises from using it. Still, very young children dislike all these violent stimulants, even in small quantities; they won't touch mustard, pepper, or vinegar, and they recoil at once from wine or spirits. It is only by slow degrees that we learn these unnatural tastes, as our nerves get blunted and our palates become jaded; and we know that the old Indian who can eat nothing but dry curries, deviled biscuits, anchovy paste, pepper-pot, soup, Worcestershire sauce, preserved ginger, hot pickles, fiery sherry and neat cognac, is also a person with no digestion, a fragmentary liver, and with no chance of being accepted by any safe and solvent insurance office. Throughout, the warning is in itself a useful one; it is we who foolishly and persistently disregard it. Alcohol, for example, tells us at once that it is bad for us; yet we manage so to dress it up with flavouring matters and dilute it with water that we overlook the fiery character of the spirit itself. But that alcohol is in itself a bad thing has been so demonstrated in the history of mankind that it hardly needs any further proof. Taste tells us it has no place in our systems.

BITTER THINGS.

Bitter things are almost invariably poisonous. Strychnia, for example, is intensely bitter. Again, colocynth and aloes are far from being wholesome food-stuffs, and the bitter end of cucumber does not conduce to the highest standard of good living. The bitter matter in decaying apples is highly injurious when swallowed, which it isn't likely to be by anybody who ever tastes it. Wormwood and walnut shells contain other bitter and poisonous principles; absinthe, which is made from one of them, is a favourite slow poison with the fashionable young men of Paris, who wish to escape prematurely from ennui. But prussic acid is the commonest component in all natural bitters, being found in bitter-almonds, apple-pippins, the kernels of mango-stones, and many other seeds and fruits. Indeed, one may say roughly that the object of Nature generally is to prevent the actual seeds of edible fruits from being eaten and digested; and for this purpose, while she stores the pulp with sweet juices, she incloses the seed itself in hard, stony coverings, and makes it nasty with bitter essences. Eat an orange-pip, and you will probably observe how effectual is this arrangement. As a rule, the outer rind of nuts is bitter, and the inner kernel of edible fruits. The sense of taste warns us against bitter things, as being poisonous, and prevents us, automatically, from swallowing them.

BIG WOMEN AND LITTLE MEN.

Girls Growing Taller, while Youths are Dwindling.

ARE we to have a race of giantesses and male pigmies? Some astute observer and dabbler in statistics is now arguing that our men are steadily becoming smaller, while our women are growing taller. The future man, it appears, to be a small and wiry specimen of humanity, who will have to look up to his tall wife, physically, at all events. Statistics show, it is said, that at the age of fifteen the average height of boys and girls is the same, each measuring sixty-two inches.

It is after fifteen that the girl pushes ahead, for she has all the opportunities of physical development denied her brother.

Under ordinary circumstances a boy goes to work immediately upon graduating from the high school. He then goes into a shop, factory, or takes his place behind a desk and remains there for most of his days. The shop is badly ventilated. He stoops over his work. He exercises as little as possible. All this is not conducive to growth. At the age of eighteen, so says a physician who has made a study of the matter, the average man who is denied any form of outdoor work ceases to grow. After thirty years of age, providing the same sedentary life is observed, a man often contracts a stooping habit, which takes another inch or so off his height.

FUTURE MAN MORE NERVES THAN MUSCLE.

Dr. Robert Hutchinson thinks it possible that Nature is producing by degrees, a race of men particularly fitted to survive the wear and nervous strain of modern business life. The future man will be short and stocky, capable of getting along with a comparatively small amount of food, which will not overstrain his digestive capacity. His force will go toward the preservation of nerve and brain, and not be wasted on mere muscle or height. The future man will be much less than medium height.

Not so the future woman. For the first time since the Golden Age she has ceased to be a drudge. While her brother is going to work she is continuing to develop herself physically as well as mentally. She longs to be tall. And what she longs for she usually gets. This ideal she is steadily achieving in a surprising manner—out-of-door exercise, physical culture, mechanical methods of increasing the height, rational and irrational means—she tries them all, and by her indomitable perseverance she has raised the standard of size for the sex a full inch in the past few years.

The perfect woman used to measure five feet five inches. The correct height is now five feet six inches; but woman's ideal is nearer five feet eight.

SKIRT LENGTHS AS EVIDENCE.

Housework for the woman of to-day has been brought down to a minimum by the host of modern inventions of which her grandmother never dreamed. Flat life has reduced her indoor sphere to a third or less of the space occupied by her former home. All this gives her more leisure, more time to be outdoors, more opportunity for the physical development that was denied the generations before her. In department stores all the sizes in garments have increased. Skirt lengths used to average from thirty-seven to forty-one inches; now the ordinary length is from forty-two to fifty-one inches.

But strange to say the tall woman of to-day, and the small but successful man find each other most congenial, and so it happens that ministers are in no wise astonished at performing the marriage ceremony for a couple who have quite reversed the old ideas that a woman, to be the right height, should reach to a man's heart. Brides of to-day are quite as often a trifle taller than bridegrooms, and the couple show no embarrassment whatever at turning the tables in this way. The bride recalls that most great men were small, beginning with that immortal triumvirate — Napoleon, Wellington, Cæsar. The bridegroom consoles himself with the knowledge that he is in the advance guard of the age where the tall woman will have to choose small men because there will be no others.

AN ARTIST'S METHOD OF FIGHTING CONSUMPTION.

—— PEOPLE WHO LIVE IN TREE-TOPS. ——

A Home Sixty-seven Feet High.

SOME people, like the birds, dwell in tree-tops. With some it is the result of centuries of unvarying custom; with others, it is merely a hobby. In a little village just outside Paris, there is quite a unique restaurant in the tree-tops, where the diners have to haul up their viands and wines.

But the real tree dwellers are to be found deep in the jungle of Malay. They are the Sakais, the aborigines of Malaya. In the Far East, one sees many strange phases of human and brute life, and Mr. Casper Whitney, the well-known traveller and writer, has no more interesting chapter in his book, "Jungle Trails and Jungle People," than that in which he describes the strange manners and customs of the Sakais.

The women, he says, are very fond of children, and the wife has the entire management of the domestic economy. She is placed at the head of the man's establishment without any other ceremony than climbing the ladder leading to his castle in the air.

But the preliminary courtship is unique; the girl (she is usually twelve to fourteen) is decorated in patterns of red, yellow, and black flowers, and is then prepared for the struggle with her wooer, somewhat after the manner of the "Bundlers"—only the Sakais girl is without the help of raiment to aid in her defence. I am not familiar with the details of the "Bundlers'" custom, but the well-chaperoned Sakais maiden is supposed to successfully resist the "man of the woods" for a good twelve hours; after which period she submits, and in due course climbs his bamboo ladder.

A SOCIALISTIC COMMUNITY.

And always, so far as my observations went, men and women appeared to share toil and fruits of the chase in common. They are, in truth, the only genuine socialists that I have yet discovered. They divide their blessings and share one another's sorrows. Apropos of which latter I am not likely soon to forget the funeral of a Sakais who died the morning I broke camp to move from their midst.

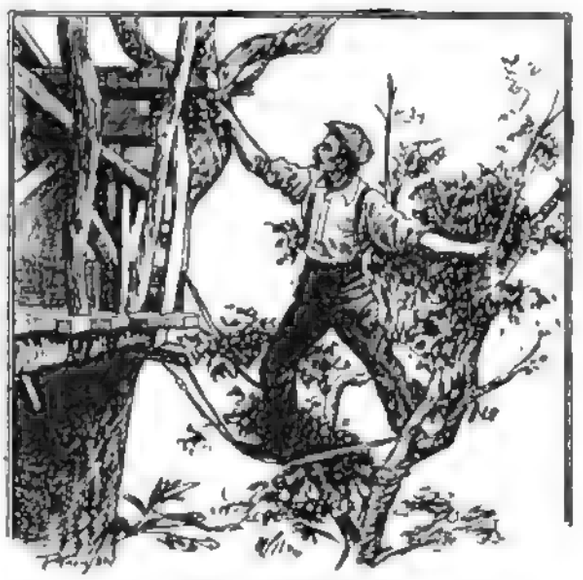
Everyone belonging to the little band of twenty gathered around the lamented, who lay stretched out with bark cloth under him and a variety of lizards chasing one another under and over him. The mourners, all bepainted in fantastic and grotesque designs, constantly moved around the dead and the lizards, as though performing a dance, and yet their movements were without enough uniformity to suggest dancing. Certainly, it was a very crude and weird ceremony, weird to a degree in the gloom and the rain of the jungle, especially the moaning and wailing. I never heard such direful sounds from human throats; and I have heard some startling exhibitions by American Indians.

The body did not long remain in state. When it was lashed to a tree limb, together with a blow-gun and fishing tackle, the wailing ceased, and I went on my way.

Among the ranks of remarkable tree dwellers of a civilised type, one of the most interesting is Mr. Oran Steinberger, who has built his home high up in the top of a giant white oak tree, sixty-seven feet from the ground. He calls his unique dwelling camp "Aloft and Tree-top Studio," and adopted this novel method of living to free himself of the dread disease of consumption.

His home consists of a platform built around three central branches of the tree, and on this platform are built benches and seats that can accommodate twenty persons. In order to reach the artist's home, he has to seat himself in a swing attached to a long rope, and is then pulled up by means of a block and tackle arrangement.

Mr. Steinberger decided on this method of living as the result of much tree-climbing. He found, he says, that the air up aloft was purer and more exhilarating, and so he decided to build his home there. He claims that consumption can be cured by living in the tree-tops, as there is more oxygen there and the air is free from all impurities found on the ground. He says that in his own case there is no doubt. He is well now, and stronger than ever before in his life.



ON HIS WAY HOME.

Mr. Steinberger intends to live permanently in his tree-top home, to do all his art work there, and live in the health he now enjoys, and, if possible, to induce others who are suffering from lung diseases to do likewise, and gain strength as he has.

Tired Eyes.

There is a popular notion that it is much more dangerous to tire the eyes by use than it is to tire any other organ of the body. It is not necessarily injurious to the legs or the arms or the brain to become tired, for proper rest may restore all these to their normal condition. The same is true in regard to the eyes. Proof-readers, sewing-women, and mechanics, who use their eyes for a long time upon near objects, must of necessity weary the muscles which adjust the eye to vision; but if the weariness is compensated for by rest at proper intervals, there will be no harm done to the eyes, for they are so constructed that they can bear maximum fatigue as well as other parts of the body. Education would cease, all mechanical work would soon have an end, if the eyes of school children and of certain kind of workmen were never tired. Eyes are never overworked, even if they feel very tired when the task is done, if their natural power and freshness return after the proper intervals of rest during the day, and sleep at night.

DO WE EAT TOO MUCH?

Two Valuable Pronouncements on an Interesting Subject.

AN old subject that is always new is that dealing with the question of eating and over-eating. The whole subject of dietary was recently dealt with in an interesting lecture by Dr. Hutchison before the members of the National Health Society.

Dr. Hutchison quoted interesting experiments lately made in dieting, and thought they proved, on the whole, that we ought to eat far less animal food; notwithstanding, he held a brief for a plentiful meat diet in cases of tuberculosis, and emphasised the necessity of meat for growing children. That does not hinder the fact that most grown-up people ate more animal food than was necessary, and consequently they would do well to make a considerable reduction therein. The lesson to be learned above all, said the lecturer in conclusion, was that all cut-and-dried systems of diet were to be distrusted, since in such matters they must individualise. Temperance, not only in alcohol, but in animal food, was the last word of science, and he could give no better parting advice than this.

SOME INTERESTING EXPERIMENTS.

These experiments above referred to were doubtless those made by Professor Chittenden, and fully described in his book entitled "Physiological Economy in Nutrition." The professor's attack is chiefly directed against the eating of too much proteid food, which is richest in meat, milk, eggs, and animal food generally. The usual daily allowance of proteid for an eleven-stone man is 4 ozs. (which in bulk would represent 20 eggs, or four and a half good plates of meat), but Professor Chittenden found it possible to do better work on less than this.

His interest aroused, the Professor, in the true spirit of science, began to experiment on himself. Gradually he reduced his accustomed intake of nitrogenous (proteid) food to about 1½ oz. At first he lost weight, and, humanly speaking, it is satisfactory to note that his natural appetite demurred. But at the end of a year he could claim that his weight remained constant, and he was in a condition of most satisfactory mental and physical fitness, and that he had rid himself of an old-standing rheumatic trouble and a tendency to biliousness. Further, he was less liable to fatigue than ever before, and his appetite had learnt to acquiesce in the arrangement. These benefits he attributed solely to his reduction of his nitrogenous diet, without any countervailing increase —a decrease, rather—of its non-nitrogenous elements.

Later, says a reviewer in the *Daily Mail* he carried on the experiment on the self-sacrificing bodies of five of his colleagues at Yale, as representing the professional classes and brain workers, for a period of from seven to nine months. With allowance made for the personal factor, all lived on a similarly restricted diet. In every case proteid food was reduced to either a third or less than half of the accepted minimum. In the end their weight was constant, their health excellent, and their aptitude for work and moderate exercise increased with less subsequent fatigue.

TRAINING FOR SOLDIER AND STUDENT.

A squad of soldiers, as representing workers whose employment entails active muscular exertion, furnished the raw material for the second experiment. After weeding out the unsuitable (usually alcoholics), nine men, ranging in age from twenty-one to forty-three, and representing various racial types, underwent the *régime* for a period of about five months. Bulkier food than in the previous instances was allowed, but in all cases the usual proteid rations were reduced by 50 per cent. At the same time the men were under a stiff course of physical drill and gymnastic exercises. Finally, their trainer reported them all to be in the pink of physical condition.

The third group under observation for

four to five months (the Professor's observation means that every mouthful of food is weighed and its nutritive value recorded) was one of eight Yale athletes, between the ages of twenty-one and twenty-six, baseball and football players, rowing men and distance runners, all in strict training. Their meat diet, in which they had pinned their faith, was cut down to about half of what a normally active man thinks he requires, and on which a 'Varsity crew would believe itself starved. On the other hand, their bill of fare shows delicacies, such as "clam chowder, griddle cakes and syrup, and cream pie," calculated to make the hair of an orthodox coach stand on end. Yet they throve apace, it seems, judged by the strength tests applied to them as to the soldiers, though several lost in weight. One, indeed, won the Inter-Collegiate Championship of the States on the Professor's *régime*. They all "came on" in their respective sports, and their trainer complacently reports them to be "in good shape."

This is, of course, written without prejudice, pending the issue of this year's Oxford and Cambridge boat race. It remains to be noted that eggs convey a given amount of proteid in more easily digested form than any other food.

MISAPPLIED ENERGY.

It is on this series of experiments, recorded by scientific men with elaborate minuteness, that Professor Chittenden bases his argument for "physiological economy in nutrition." If it can be demonstrated, he argues, that it is possible not only to maintain health but to increase in bodily vigour on a diet reduced to between a half and a third of the accepted proteid minimum, it is beyond dispute that most people eat too much. If more food than is necessary be consumed, an unnecessary amount of work, with its consequent waste of energy, is thrown on the digestive mechanism. It might well be economised for other purposes.

In the matter of proteid food the question becomes of increased importance. It is universally admitted that many diseases are due to, or connected with, errors in nutrition. Rheumatic and gouty troubles, for example, have their origin in an excess of uric acid accumulations, due to the waste products of nitrogenous food. It is difficult to find a man of science to say it in so many words, but it would seem that all the processes in the breaking down of proteid food by the digestive action are not altogether determined.

A WINTER HOLIDAY SCENE IN NORWAY.

SERENITY. The Quality of the Brave and the Good.

"FRIENDS," commonly known as Quakers, as a class, live longer than any other persons in the world. The very name of "Quaker" brings up before the mind the personification of equanimity, composure, and quiet dignity. The serene command at once our confidence, our respect, and our admiration. The brave are serene, and so are the good. In fact, serenity is our highest dignity; it is God-like. It is our duty to cultivate serenity, not only because it promotes length of days on earth, and happiness, but does much towards attaining the cultivable characteristic for which the brotherhood of silence is noted. Their founders were as other men in birth and habits and propensities; but convictions of certain moral and practical truths came upon them, and they emerged into a new life; they "put off the old man with his deeds," and thereupon framed to themselves a new garb, a "moral dress," which makes them stand out in the world, a distinct and an admired people.

THE VIRTUE OF DISCIPLINE.

Peace is a fundamental faith of theirs, and peace is serene. Temperance in all things is another article in their creed, and temperance is serene. Even-handed justice toward all of human kind is the polar-star of their practical faith, and justice is serene. By the practice of these serenities themselves, and by their inculcation upon their teachers, they have, in a few generations, made it almost an inheritable virtue. While we should cultivate serenity of heart and mind, for the benign influence which it cannot fail to have on those with whom we associate, we should be deferred from the neglect of cherishing a quality so divine by keeping in mind the evils which hourly befall those who give a loose rein to the natural man. Washington is known to have been an extremely irritable man in early life, but he schooled himself to become as calm as a summer's sea in his later years. Our children should be early taught to look calmly at all things, to speak calmly of all things, and judge calmly of all things, and thus avoid those habits of conversational exaggerations, of hasty judgments, of ridiculous praises, and of demoniacal vituperations which so commonly prevail, and which are at once a disgrace to the head and heart of the multitudes who are chargeable in this regard.

PASSIONS CAUSE DEATH.

The want of this self-control, of this calm looking at trouble and at joy, lays us all liable to death without a moment's notice! Mr. P—— died the other day in the city from "some words with a gentleman, which excited him greatly." "He was a man of varied abilities, and had held many high and responsible appointments," and might have held them for many years to come had he possessed one other "ability"—that of serenity. Mrs. G——, "a lady of high social distinction," on hearing that her nephew had been elected to Parliament, died under the excitement of the gratifying intelligence.

We should look at all things, think of all things, speak of all things—serenely.

Care of the Throat.

The throat is subjected to so many forms of irritation that the proper care of it is essential to comfort, and, fortunately, the means employed for comfort help to avert the catarrhal disorders and many general diseases, the germs of which enter the body through the tonsils or adjacent mucous membrane. There is always danger that even a trivial catarrh may extend to the larynx or ear and impair the voice or hearing. Children become afflicted with catarrh chiefly as a result of post-nasal growths or enlargement of the tonsils; or they may fail to recover fully from an attack of measles, scarlet fever, whooping cough, or diphtheria. Adults often bring it upon themselves through improper food and drink or bad habits. The influence of excessive tobacco-smoking in the production of cancer is fully recognised, but not sufficiently heeded. All forms of irritation may be aggravated by conditions incident to certain occupations, as well as by unfavourable climatic influences.

CAN WE BREED BETTER MEN?

The Intricate Problem of Artificial Breeding.

GEO. R. SIMS once wrote of the proposal to permit the marriage of the fit only that it was a proposal to breed a race of "robust nobodies." It is certainly an interesting problem whether we could improve upon the race by a process of selection and breeding. Men of the present day can accomplish physical performances of which our

Illustrations showing deformities of children, and methods of correction.

ancestors would not have been capable, but whether it is due to the fact that we have better men or merely better methods is difficult to determine. In any process of human breeding, however, such as that suggested by those who denounce the marriage of the unfit, those who attempt it would find it no easy thing to mate humanity, which is composed of so many various and conflicting temperaments—as to produce all-round perfection. And when one stops to think of the intellectual giants who would have been made compulsory celibates, the task looks even more astounding.

It is clear, writes Dr. Max Nordau, that we cannot apply the principles of artificial breeding to man. Which quality of his are we to develop by selection? Of course, there is the ready answer: *Mens sana in corpore sano.* (Healthy mind in healthy body.) But this is so general and vague a rule that it means nothing when it comes to practical application. There is no recognised standard of physical and intellectual perfection. Do you want inches?

A BODY-STRAIGHTENING EXERCISE.

THE IDEAL OF BEAUTY.

In that case you have to shut out from your selection Frederick the Great and Napoleon I., who were under-sized, Thiers, who was almost a dwarf, and the Japanese as a nation, as they are considerably below the average of some European races. Yet in all other respects than tallness they are very recommendable specimens of our species. What is your ideal of beauty? Is it a white skin, clear eyes, and fair hair? Then you must favour the northern type and exclude the Italian, Spaniard, Greek, etc., from your selection, which would not be the taste of these nations.

If from physical we turn to intellectual perfection, we encounter the same difficulties. Some highly gifted individuals have inductive, others deductive talents. You cannot easily have in the same man a great mathematician and a great poet, an inventor and a statesman. You must make up your mind whether you wish to breed artists, or scientists, warriors, or speculative philosophers. If you say you will breed each of these intellectual categories, each of those physical types, then it amounts to confessing that you will let things pretty much have their own way, and that you renounce guiding nature and directing consciously the species towards an ideal type. If you admit that you have *no* fixed standard of beauty and mental attainment, of physical and intellectual perfection, to propose as the aim of ideal selection; if your artificial man-breeding is not destined to develop certain well-defined organic qualities to the detriment of others, then your ideal means simply that people about to marry should choose handsome, healthy, young individuals. And this, Dr. Max Nordau is sorry to say, is a mere triviality, as already, without any scientific consciousness or intervention, people *are* attracted by beauty, health, and youth, and repulsed by the visible absence of these qualities.

The principle of sexual selection is the natural promoter of the ideal, he continues; it is a constant factor in biology, and undoubtedly at work in mankind. The immense majority of men and women marry the best individual among those that come within their reach. Only a small minority is guided in its choice by considerations of a social and economical order, which may determine selections to which the natural instinct would object. But even such a choice, contrary as it seems to the ideal principle, might be justified to a certain extent. The noble Ernest Renan would never have been chosen for his physical appearance by any young woman of natural taste; nor would Darmesteter, the great philologist, who was afflicted with curvature of the spine.

Furthermore, as it is now generally conceded by physiologists that there is really no such thing as hereditary disease—only a hereditary *tendency* to illness—there seems no reason why a person suffering even from consumption should not marry.

"LITTLE MARY'S" APPEAL.

THE SUMMER AND THE WINTER APPETITE.

WHO but an idiot, or some unprincipled servant, or recklessly wasteful spendthrift, would think of building as large fires in their houses in the April springtime as in bleak December?

And yet there be those—statesmen, philosophers, and scholars of every grade: the judge, the senator, the lawyer, and the clergyman—who commit the more unpardonable folly—unpardonable because it is against light and in favour of the lower instincts and propensities—of not only eating as much as the appetite demands, but of even "taking something" to stimulate the appetite as the warm weather approaches.

NATURE'S LAW OF DEMAND AND SUPPLY.

The two objects of eating are to give vigour to the body and to keep it warm; hence all food contains two principles in greater or less proportions, according to its quality—to wit, nutrition and warmth. We need nourishment all the year round, hence we must all the year round eat food which contains nourishment, that is, the flesh-forming principle; but in warm weather the food which contains the most fuel should be to a certain extent curtailed, otherwise we will create too much heat within us, and that is fever, whose victims are counted by millions every year; this excess of heat—this fever—being often generated by eating food which contains more warmth, more fuel, called by chemists carbon, than the season of the year requires. To a certain extent Nature regulates the demand and supply by diminishing the appetite as the warm weather approaches; but many misinterpret her endeavours, and because they find that as the spring comes on their appetites are not as vigorous as they were a few weeks earlier, they begin to take alarm, think they are going to become ill, and conclude they certainly will be ill unless they can retain the winter appetite. Hence, they begin to take to nips of "Walker," or sips of stout, or ale, or porter, all these things tending to cheat Nature into a call for more food than she requires; to impose on the stomach more labour than it can perform, thus laying the ground for summer fevers and dyspepsia, which bring death to thousands every year.

The general lessons for the spring are: Eat only when you are hungry, and to the extent of satisfying an unstimulated appetite; eat less of carbonaceous food, such as meats, fats, oils, syrups, etc., and more of cooling articles, such as green salads, vegetables, fruit, and whatever has a natural tartness or acidity, there being little or no carbon or heat in them; but they contain as much nutriment as the system requires.

OVER-WORKING THE STOMACH.

Some persons eat themselves to death, others are dieted to death. When a man is sick he is weak, and concludes that as when he was well he ate heartily and was strong, if he now eat heartily, he will become strong again; well-meaning, but ignorant, friends are of the same opinion, and their solicitations to eat become one of the greatest annoyances of a sensible invalid. Nature purposely takes away the appetite under such circumstances, and makes the very sight of food nauseating. A sick man is feeble; this feebleness extends to every muscle of the body, and the stomach being made up of a number of muscles, has its share of debility. It requires several hours of labour for the stomach to "work up" an ordinary meal; and to give it that amount of work to do when it is already in an exhausted condition is like giving a man, worn out by a hard day's work, a task which shall keep him labouring half the night.

Mothers are often afraid that their daughters will hurt themselves by a little work, if they complain of not feeling very well; and yet, if such daughters were to sit down to dinner and shovel in enough provender for a ploughman, it would be considered a good omen and the harbinger of convalescence. A reverse procedure would restore multitudes of ailing persons to permanent good health; namely, to eat very little for a few days; eat nothing but coarse bread and rip-

fruits, and work about the house industriously; or, what is better, exercise in the open air for the greater part of each day, in the garden, or over hills and dales, when accessible, for hours at a time. Objectless walks and lazy lolling in carriages are very little better than nothing. The effect of interested, absorbing exercise is to work out of the system the diseased and surplus matter which poisons it; this relieves the stomach of the burdens imposed upon it, and allows it to gain strength, so as more perfectly to convert the food eaten into well-made, pure, and life-giving blood.

WILLING BUT WEAK.

A weakly but faithful servant, in the effort to get through with a specified amount of work, may perform it all, but none of it is thoroughly done; whereas, if a moderate task had been assigned, all of it would have been well done. So a weak stomach, indicated by a poor appetite, may be able to convert a small amount of food into pure, invigorating blood; but if too much is eaten, the attempt to "get through it all" is made, blood is manufactured, but it is an imperfect blood—it is vitiated—and mixing with that already in the system, at every beat of the heart, the whole mass is corrupted, and "I am ailing all over" is the expressive description. In another set of cases there is a morbid appetite; the unhappy dyspeptic is always hungry, and finding that he feels best when eating, and for a brief space afterwards, he is always eating and always dying. To hear him talk, you would imagine he could not possibly live long, and yet he does live and grows old in his miseries. Such may reasonably expect a cure: (1) by eating very moderately at three specified times each day, and not an atom at any other, then in less than a fortnight sometimes these distressing cravings will cease; (2) spend a large portion of daylight in agreeable out-door exercise.

—— GOOD NEWS FOR JACK. ——

THE new Shipping Bill of Mr. Lloyd George, M.P., has been christened the sailors' "Magna Charta." The new dietary scale is one of the wisest provisions. Its extremely generous nature will be at once manifest from the following table.

Soft bread, 3 lbs.	Sugar, 1¼ lbs.
Biscuit, 4 lbs.	Butter, ½ lb.
Salt beef, 3 lbs.	Marmalade jam, 1 lb.
Salt pork, 2 lbs.	Syrup & molasses, ½ lb.
Preserved meat, 2½ lbs.	Dried fruits, 5 ozs.
Potatoes, 6 lbs.	Pickles, ½ pint.
Preserved vegetables, ½ lb.	Fish, ½ lb.
Flour, 2 lbs.	Suet, 4 ozs.
Peas (split), ½ pint.	Condensed milk, ½ lb.
Peas (green), ½ pint.	Water, 28 quarts.
Calavances, ½ pint.	Fine salt, 2 ozs.
Rice, ½ lb.	Mustard, ¼ oz.
Oatmeal, ½ lb.	Pepper, ¼ oz.
Tea, 1½ ozs.	Curry powder, ½ oz.
Coffee, 4 ozs.	Onions, 3 ozs.

In harbour soft bread is always to be used. On ships of less than 1,000 tons gross registered tonnage biscuits may be substituted for soft bread throughout the voyage. On other ships soft bread is not to be required until January 1st, 1908.

Potatoes to be served for not less than two months on leaving port within home trade limits, if leaving between October and April inclusive.

Fish to include dried, preserved, or fresh fish, tinned salmon or herrings, to be served out instead of an equal quantity of preserved meat.

Dried fruit to include raisins, sultanas, currants, figs, or prunes.

Onions to be supplied when in season; at other times an equivalent substitute in preserved vegetables.

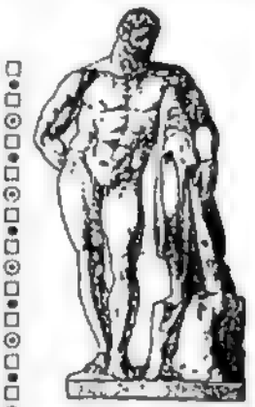
Within the tropics 1½ lb. of preserved meat of 3 lb. of fresh meat may be substituted for 2 lb. of pork; fresh vegetables may be substituted in the proportion of ½ lb. to one ounce of preserved vegetables.

In port 1½ lb. of fresh meat and ½ lb. of fresh vegetables daily in lieu of salt or preserved meat and preserved vegetables where procurable at prices not excessive.

Stokehold hands to receive oatmeal and ½-quart of water daily while under steam.

Finally, the captains are allowed to interchange the articles of diet in prescribed proportions.

ARE WE GROWING STRONGER?



A splendid type of the Ancient Olympian Athlete.

IT is refreshing, after all the talk we have been hearing about physical deterioration, to find someone bold and optimistic enough to contend that Englishmen are actually improving in physique and growing stronger.

Sir Frederick Treves says that "there is some evidence to show that, taking averages, we have not diminished either in height or in girth." We certainly have not deteriorated as athletes. No one ever swam across the English Channel until 1875. We may not have anyone at the present moment able to rival that feat, but the man is surely coming, as the splendid attempts made in the last two years indicate.

THE ATHLETIC CELT.

In cycling, running, jumping, walking, throwing the hammer, and other feats of strength and endurance the present generation beats all preceding generations. There is no record—and if the feat had been performed there would be a record—of any human being jumping 6 ft. 4¾ in. before the end of last century; P. H. Leahy, an Irishman, accomplished this marvellous feat in 1898. Another man of Celtic blood, M. F. Sweeney, had cleared 6 ft. 5⅝ in. in 1895. Yet another athlete from the Emerald Isle, though domiciled in America, accomplished a long jump of 24 ft. 11¾ in. in 1901. ¶ No one among our grandfathers or great-grandfathers was capable of such a fine physical performance as this, or of anything approaching it.

To run a mile at top speed needs not only endurance, but a heart and lungs of perfect quality. When a man covers a mile in 4¼ minutes, or does ten miles in fifty-one minutes, or fifty miles in less than six hours, he is a fine specimen of

the human animal. These have all been done in our generation, and, so far as can be ascertained,

NEVER DONE BEFORE.

Now, there is a curious law bearing on this matter, described by Quetelet, a Belgian mathematician, some fifty years ago, which he called the law of deviation from an average. It is applicable to a great variety of problems, and may be understood from an example. If a large number of Englishmen, say 100,000, are measured, and the average height is found to be 6 ft. 7 in., then the great majority will be of this height. A less number will be 6 ft. 8 in., still fewer 6 ft. 9 in., and so on until we come to only a few measuring 6 ft. 10 in., and, finally, to one tallest man.

Further, if in Scotland we find a larger proportion of men above six feet than in England, it is certain that the great bulk of Scotsmen are of a greater average height than Englishmen.

This law applies to athletes, too, in all probability. So that if in the present generation we have a few hundred athletes who greatly surpass those of fifty or a hundred years ago, we may feel tolerably sure that the great bulk of the people are of a higher physical standard now than were the people of fifty or a hundred years since.

THE FOOD AND THE FACE.

Do Men look like the Food they Eat?

DO men who eat hog really look hog? or to what extent does the diet really show itself in the face? There seems little doubt that the food we eat must even, from a physiological point of view, affect the appearance, for all food partaken of affects the blood, and the state of the blood is revealed in the complexion, the eye, and other facial characteristics. In fact, it has been observed by actual experiment that a man's whole appearance and manner have been made less of the animal type by his refraining from the use of all meat as an article of food. And there is little reason to doubt the theory that characteristically "square" face of the American is largely due to the amount of starchy and nitrogenous foods he eats. A writer in the *Strand Magazine* deals with this subject in a thoroughly interesting manner.

He begins by quoting the envious question of Cassius: "Upon what meat doth this our Cæsar feed that he has grown so strong?" Then the writer of the article suggests that he might more profitably inquire as to what there was in his own diet to give him that "lean and hungry look" which seemed to stamp him as an inevitable assassin. The writer goes on to insist on the extraordinary effect upon diet and climate in the production of facial types, an effect which would seem to place the influence of heredity quite in the shade. He cites a very common instance, that of the florid, blue-eyed Yorkshireman and his ruddy bride, who live to see themselves the grandparents of a type more and more approximating to that of the Red Indian.

FOOD AND THE CHIN.

The action of various foods upon particular features has been observed:—

The growth of the chin has been discovered to bear a very striking relation to the amount of starch consumed, and particularly when the starch takes certain forms or is combined with other properties. On the other hand, nothing seems to have been so clearly verified as that alliaceous plants, such as onions, have a strong tendency to relax the chin tissues, so that families who have largely subsisted upon onions for generations—frequent among the Basques, for instance—possess a form of chin wholly different from other and starch-consuming peoples. Onions contain, besides nitrogenous matter and uncrystallizable sugar, an acrid, volatile, sulphurous oil which is supposed to exert some other curious physiological effects. In fact, when we

speak of any article of diet having a certain effect we really refer to the peculiar property which distinguishes it, such as the arsenic in carrots, which accounts for their well-known influence on the complexion.

FISH DIET AND THE EYE.

The influence of fish upon brain work is almost proverbial. The idea has its origin, this writer tells us, in the very slight quantity of phosphorus to be found in fish. "What is more certain," he urges, "is that a fish diet restricts the mucous secretions of the eye, and also affects the formative impulsion, so that amongst populations subsisting exclusively upon fish we find smaller eyes than in a vegetable or meat-eating community. On the other hand, a carnivorous diet tends to increase the size of the eyelids and optic region, so that three or four generations nourished on a generous meat diet may produce the prominent "Brunswick eye," while three or four generations of low feeding will tend to reduce that feature.

OTHER FEATURES.

The lip is so susceptible to treatment that we have the potato lip, the oatmeal lip, and the maize lip; while a wrinkled forehead is traced by many to a vegetable diet. The inquiry, fantastic as it may appear on the surface, is a profoundly interesting one. Did not Mr. Buckle derive the "emotional temperament from potatoes and the stolid one from beef?" The article in the *Strand* illustrates the theory by pictures, which show conclusively that excess is by no means confined to alcoholism and drugs, and that there are tea fiends at large as well as the victims of whisky and morphine.

Benefits from Tepid Bath.

A warm water or tepid bath is highly recommended for those that cannot take a cold bath. The effect is soothing, the blood flowing in the relaxed superficial vessels of the skin, and thereby increasing its functions. As heat facilitates the bodily functions, a warm bath will often do more to freshen a fatigued person than a longer time spent in sleep. If the bath be only moderately warm (tepid) it acts as a sedative to the nervous system. Those who take the cold bath daily should take a warm bath, with soap, at least once a week, for the sake of cleanliness.

IS IT CONSCRIPTION?

By "GIRALDUS."

THERE has never been a more industrious martial educator than Lord Roberts, and perhaps there was never one to make the attempt under greater discouragements.

Somehow, we shrink from placing *our* boys in a position of State servitude, but we look on complacently and approvingly on our neighbour's progeny, who, either for love or expediency—seldom valour—seem to glide into the rank and file of our defenders on sea and shore. There is a vast amount of silly prejudice against the propositions of the noble general—who gave his own to be a martyr and to glory, by-the-bye—which, after all, embody the dual purposes of moulding the unsymmetrical form of loutish youth into agility and poetic motion, and as a preparation for the defence of the country at an emergency.

Drill for boys is one of the first provisions that can be made for the improvement of the race, and if it be ascertained that the consequence of such a training establishes the desired effect, then nothing but impatience can possess us if we find an inane opposition to so laudable a purpose. It is a well-appreciated fact that anything which makes for culture or sanitary reform in this country is sure to be resisted, in the absence of pressure and insistence; and, in the present case, what more incumbent duty falls to man than that in which he is expected to be in readiness to protect his own and that of his kith and kin?

After all, the proposal of Lord Roberts is merely conditional and theoretical, and the waning of the roar of cannon and the clash of steel broadens the distance between the drill-ground and the battlefield. If we drop bathos and drivel, we can easily reconcile ourselves to the situation, if we cannot see the advantage to be realised in a systematic curriculum leading to the development of our youth under enlightened training.

Objections to an Exclusive Fruit Diet.

MR. ERNEST D. BELL, in a series of articles entitled: "Food in Relation to the Evolution of Man," takes the ground that primitive man was not a vegetarian, but that his evolution is in that direction and will ultimately make him one, as it has some already. In a recent paper he discusses the objections to an exclusive fruit diet and says :—

"The objection to a pure fruit diet is one to which reference has already been made incidentally—the small amount of nutriment contained in most fruits. The great majority contain less than one per cent. of proteid or flesh-forming material, and taking four ounces as a fair daily average of this food-stuff required, at least four hundred ounces, or twenty-five pounds, of fruit would be necessary to supply it. In many fruits in which the proportion sinks to from one-third to two-thirds of one per cent., fifty pounds, roughly speaking, would have to be used. Such a dietary, properly selected, would undoubtedly possess the advantages of ready digestion and assimilation, but, on the other hand, the carriage and management of such a mass of material through the length of the alimentary canal (about thirty feet) would entail a considerable expenditure of energy. Furthermore, it would necessitate a great increase in the size of the organs to enable them even to contain it; and this would run counter to what we have seen is one of the lines of our development, a steady decrease in their size associated with the use of concentrated food. If the attempt were made to avoid the difficulty by using the few forms of fruit which contain fairly large proportions of proteid, such as apples (two to eight per cent.), dried dates (about six per cent.), dried figs (five to six per cent.), bananas (nearly five per cent.), and one or two others, we meet with other difficulties. Both apples and bananas are apt to be indigestible, owing to the fact that the conversion of starch into soluble carbohydrates is less completely carried out in them than in nearly all other fruit; and thus the characteristic advantage of the frugivorous diet is in their cases somewhat lessened. If we turn to dates they are too heating, and their rich sweetness too cloying; while figs are too laxative. About four or five pounds of these would be required daily, and in the present state of taste in civilised lands men would not consent to draw such a quantity of food from so narrow a range of flavours, and would shortly turn from them with satiation. A consideration of another order is that dates, figs and bananas—especially dates and bananas—are not adapted for extensive growth outside of tropical and sub-tropical regions. Owing to the operation of these various causes, although there is certainly an increase in the extent to which fruit is used, there is no indication of its adoption as an exclusive diet."

"A Great Pioneer Work."

The Park as Open-Air Gymnasium.

VERY kindly reference to the early efforts of the editor of this Magazine to instil the gospel of health into the English people were made at a recent meeting of the Manchester Health Society by Dr. A. C. Magiau. "Mr. Sandow," said the lecturer, "had done a great pioneer work in this country," and the doctor then went on to state that those taking up physical culture should first consult a medical man, a plan which the editor always advises. Dr. Magiau further advocated a very good idea, viz., that rowing boats should be provided on the lakes of all our public parks, as they were in the parks of other countries, and that it would be a good thing to instal public instructors in the gymnasia of the parks for the benefit of the children.

"Breathing exercises," he said, "should never be done in a bedroom, but in the open air. Massage, which came to us from Japan, was in many cases abused, and this treatment should, above all others, be practised with moderation and discretion. As to baths, it was regrettable that they were

so often used for storing coals and chips. However, the poorer classes were improving in this respect. Swimming should be learnt by everyone as a matter of course. Let us have more swimming baths, even if they cost a few thousands above the estimate. He did not believe that vegetarianism was suited to the conditions of this country, although a vegetarian diet, observed temporarily, was undoubtedly of great benefit in certain disorders. He looked with considerable anxiety upon the development of motoring, which put a premium upon idleness."

THE FRENCH TOMMY ATKINS IN TRAINING.

By CHARLES BONNAMAUX, Physical Director of the Paris Y.M.C.A., in "The American Gymnasium."

I was recently my privilege to accomplish, in Rouen, Normandy, my second period of service as sergeant in the 74th infantry regiment of France. As soon as I entered the barracks and all the remainder of the time in the service the feeling of a new social atmosphere was striking and surprising, as well as pleasing. Much of the old stiffness has gone, and the officers and men show a marked improvement in physical welfare and military value. The hygienic surroundings in barracks are good and the health of the men is carefully looked after. Ornamental drills and tactics have been cut short, and what is left is simplified so that now France can do what Japan did recently; that is, instruct a soldier in three weeks and, if necessary, train him for service in three months.

As to physical training itself, in the French army, equally notable changes have been made. Methods have been so changed that the ancient system which included mostly exercises of the heavy type on German apparatus has practically disappeared. In its place we use calisthenics of the Swedish type and running games, of which Association football is the most popular. At the present time it must be admitted that calisthenics do not give the best results, because we lack competent teachers. The Normal School of Gymnastics, established at Joinville-le-Pont, is just beginning to train the coming teachers in the new methods.

The difficulty is, however, only temporary, and it can be safely said that the future will show encouraging results.

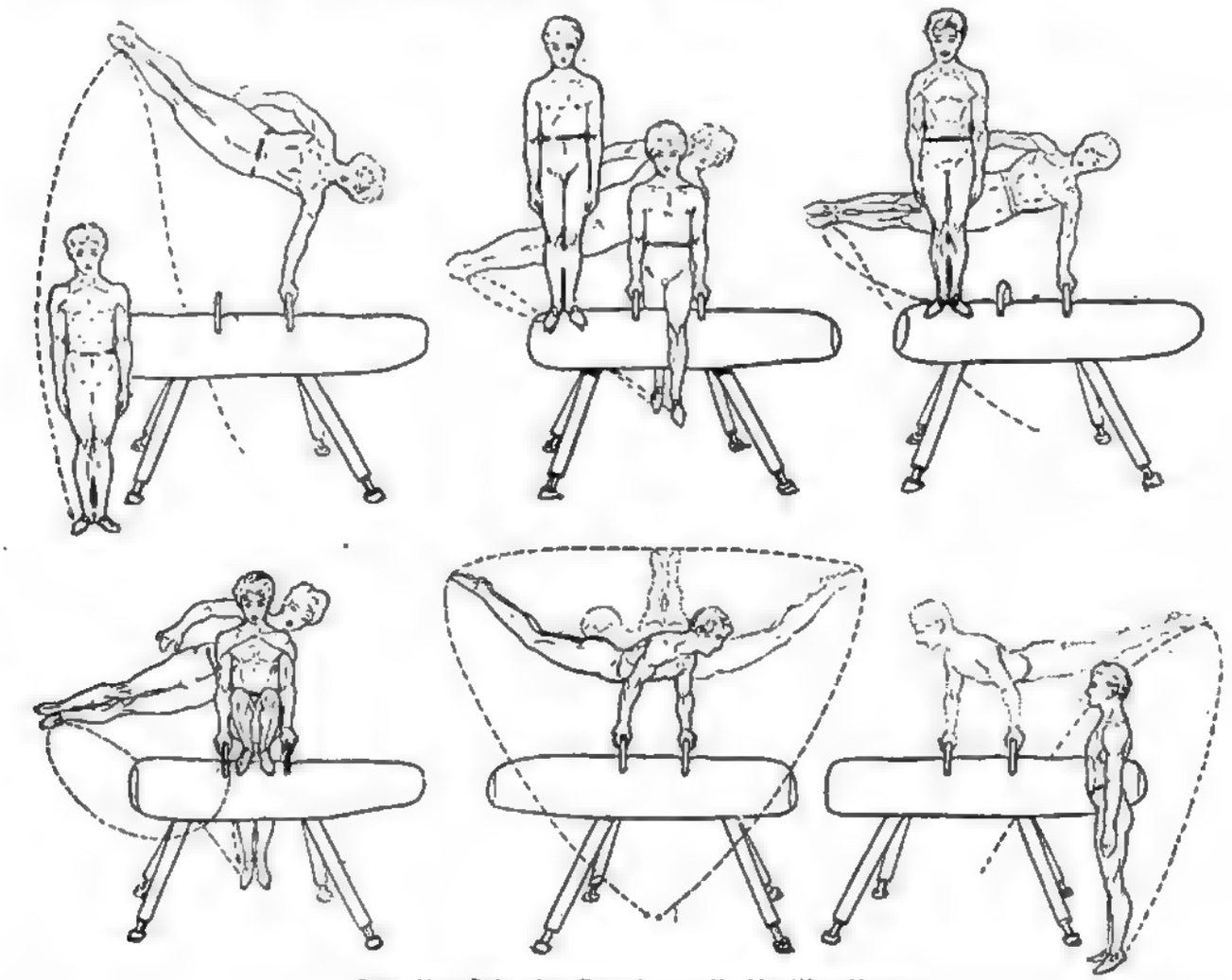
The use of games has already proved a great blessing, and has thrown light upon the astonishing endurance of the race, which has now and then been questioned. I have personally seen, many times, the soldiers of my regiment, after having walked 15 or 20 miles with their heavy knapsacks and done a hard day's work, engage in a football game with their heavy clothes and their enormous boots, and run 200 yards at top speed without appearing tired. The French soldiers are, as a rule, short and stocky men; we used to say they were all trunk, with short legs and arms. This makes them poorly equipped for high jumping or quick running, but as soon as it comes to endurance work, that calls for hard work for days and months, I believe they can compare with any nation in the world, the Japanese included. The more one gets in touch with them the more one appreciates their everlasting confidence and joyful disposition.

A new and interesting feature of the French military service is the attempt being made to use the army as a school for intellectual, moral and social development. Under the imperious leadership of the war office, and according to the ideals of General Andre, formerly minister of war, the officers are beginning to exert a wholesome influence upon the men, trying to train them to become not only good soldiers, but good citizens, too, and to prevent them from going into saloons and bad places when the day's work is over. Thousands of lectures are given yearly by the officers on various subjects, and temperance clubs are established in several regiments.

To speak truly, the old-time officers are not favourable to these new ideas, but I was fortunate enough to meet Captain Demorgeot, the delegate from the war office to the International Convention for Physical Training, held at Brussels, Belgium, a few months ago, and he told me that the war office was absolutely decided to promote in the most energetic manner the social intercourse between the officers and privates and make it perfectly understood that they were all to be brethren in the same work. This puts the French army on an entirely different basis from that of the German army, for instance, and the happy results are already beginning to show.

SOME CLEVER VAULTING HORSE FEATS.

SEVERAL illustrations of vaulting horse exercises, reproduced on this page, are from the *Sokol Gymnastic Journal,* a Bohemian publication, with the assistance of *Physical Education,* London. The illustrations serve to give an idea of horse work in Bohemia, and further than that, show graphically just how the movements are performed. Text explanation is almost unnecessary. The dotted lines indicate the movements of the feet, the dot showing the beginning of each exercise and the arrow its direction and finish. A very little study will enable a gymnast to work out each exercise for himself. The illustrations are also useful to an instructor who wishes to show a pupil what is expected of him. No attempt is made to show a progressive series of movements here, but merely to present an associated group of exercises, some of an elementary type and others of a more advanced nature.



Some New Bohemian Exercises on the Vaulting Horse.

Blood and Brain Activity Awakened.

Much importance has been attached to the circulation of the blood in the phenomena of attention, and a well-known scientist is among those who investigated the movement of the blood in the human brain, showing the mechanism by which the afflux of blood to the brain is increased during attention. He convinced himself that the blood is not the first and most important factor in psychic activity. The brain cells contain substances sufficient to provide for the operations of consciousness without there taking place any sudden modification in the afflux of blood. His observations of persons in sleep who had an aperture in the cranium showed him that consciousness is established before any alteration takes place in the circulation of the blood within the brain.

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Motto:—**One may Help Many.**

For the exchange of ideas, personal experiences and photos for the encouragement of Club Members. Every Reader is a Club Member.

Readers are expected to act up to the Club Motto.

and for services rendered the President will award to the sender of every published idea, experience or photo, the Club Fellowship Medal as a token that the rightful owner has earned the Fellowship of the Club.

Owing to the remarkable increase in the number of letters reaching me in connection with the Club, amounting to some hundreds daily, I must ask those readers who do not see their letters in type to bear with me under the circumstances. It is impossible to publish all the letters I receive, and only those containing some item that will be of general interest can appear. Even these I shall be reluctantly compelled to vigorously "prune." At the same time, I am always glad to hear from my readers, whether their letter finds its way into print or no.—THE EDITOR.

Sixteen Years Old—Chest 40 in.

Maidenhead.

SIR,—I was born on the 3rd day of March, 1890, a weakling and unfit for the battle of life before me. When still at school I became aware of the existence of SANDOW'S MAGAZINE—brought to my notice by a friend. I bought a copy and became interested in some of the magnificent specimens of physical manhood shown. I began to think why could not I become like them. My father started me in one of your classes in this town under the supervision (if I remember rightly) of Messrs. Palmer and Clark. Soon after, Mr. Eggleton gave a display in the Town Hall. Well, from that very day I made rapid progress. My constitution is as robust and strong as could be wished for. I am only 16 years of age, yet I stand 5 ft. 10 ¾ in. in my socks, and can expand my chest to just on 40 ins.

ROLAND STREET.

A Lucky Bookstall.

Beeston, Notts.

SIR,—I have the greatest pleasure in writing to you of the good physical culture has done for me. Before taking to your system I was a great sufferer from indigestion and constipation. Seeing SANDOW'S MAGAZINE on a bookstall, I bought one, and having read the contents I was so pleased with it that I purchased a developer grip dumb-bell and "Strength and How to Obtain It." Reading the book carefully and studying the charts, I started to exercise the muscles of my body, doing the exercises No. 7 and No. 22 on developer chart and No. 14 and No. 15 on dumb-bell chart, which I am pleased to say have cured me of those distressing ailments, besides gaining a good all-round development.

GEORGE TAYLOR.

An Example to Fathers.

Northants.

SIR,—Allow me first to congratulate you upon the improvement you have made in your magazine of late. I have been a constant reader for the last five years, and always look forward every week to have the pleasure of reading it, and to take advantage of the valuable hints it contains. In regard to the physical education of children, I like your remarks in last week's issue, that the physical education should commence in the nursery. I have a little girl four months old. I do not intend that her physical training shall be left in the hands of her school teachers, but look upon it as a special duty which belongs to myself, and shall see to it that it commences under my own personal care. In fact, the first part has already begun, which belongs to her mother, by giving her proper feeding and nursing (no feeding bottles if they can possibly be avoided). Our doctor told me the other day that her physical condition was all that could be desired, and that she was developing into a child to be proud of. He also told me that nearly all the illness and weakness in infants were caused by neglect in bathing and indiscretion in feeding. Trusting that every father who is a reader of your valuable magazine will undertake their duty, and feel the responsibility in giving their children a proper start in life physically, which will save a lot of sickness and petty troubles. The result of proper attention will be invaluable as a means of success in after-life.

A CONSTANT READER.

Believer in Quiet Week-Ends.

Bristol.

SIR,—I now take the opportunity of writing you, in order to thank you for the good that your system has done me. I have been using your Developer for about nine months, and can only say that the results have been in every way most satisfactory. Before starting your system of physical training I was extremely delicate, having had rheumatic fever three times before I was thirteen. But ever since I commenced I have continued to improve, and every trace of rheumatism has left me, and my heart (which at one time was very weak indeed) is now in a healthy, normal condition.

My daily routine is as follows: Morning, on rising, I go through exercises for breathing and chest expansion and for leg and calf development. I then rest or read the newspaper for about an hour, and then have a good breakfast, consisting of porridge, a little fish, eggs, and a good cup of cocoa (Plasmon in preference to any). I never touch meat of any description, except a little fish occasionally, as I have already mentioned. I eat plenty of fruit and nuts, and always make a point of drinking at least two quarts of water a day. I also make it a rule to have either a cold bath or a cold sponge down after exercise, as it braces one up so for the day's work. I resume exercise about two hours after tea, and do half of those given on your chart each night alternately. My week-ends I spend in the country air (weather permitting), so I do not use your Developer from Saturday until Monday, as I find the one day left out is very favourable. I think your motto, "One may help many," is an excellent one. I have already induced several people to take up your system, and they are making splendid progress, both in health and development.

I should very much like your Club Fellowship medal, and am, herewith, enclosing my photo., which I hope you will think worthy of a space in your valuable work—SANDOW'S MAGAZINE.

Yours for health,

GEORGE A. RICHARDS.

My measurements are as follows:—

Height	5 ft. 11½ ins.	Forearm (L)	11½ in.
Weight	10 st. 12 lbs.	Hips	36½
Chest (con)	33 in.	Thigh (R)	22
Chest (exp)	38½	,, (L)	22
Waist	28½	Calf (R)	13½
Upper Arm (R)	12½	,, (L)	13½
,, (L)	12½	Ankle	8½
Forearm (R)	11½	Neck	16

Physical Culture as a Wonder-worker.

Ballarat, Australia.

SIR,—I am writing you just a few lines to let you know how I have benefited from your system of Physical Culture. It has positively worked wonders in me in the short time I have been able to attend to it. I had not given a thought to health culture in any shape or form until I witnessed your performance in "Her Majesty's Theatre" here some few years back. From then I began to give it a thought, and ultimately bought "Strength, and How to Obtain It," also "Body-Building," and thence commenced what I would not now like to give up, viz., a good course of systematic exercise. I can assure you you can hardly claim too much for your wonderful system of Physical Culture.

I am sending my measurements. I might state that there are a good few "Home Physical Culturists" in Ballarat. There are no schools of Physical Culture like you have over there. I wish we had something to stimulate a desire in the young men and women to patronise such a club or school. They only follow in the main the old routine of gymnastics, which cannot be called Physical Culture proper. Thanking you for benefits received—I remain your friend,

JOHN JAMES DAVEY.

MEASUREMENT SHEET.

	Before Training.		After 18 Months.
Weight	10 stone	...	10½ stone
Height	5 ft. 0½ in.	...	5 ft. 9½ in.
Neck	14½ in.	...	15 in.
Chest (con)	32½		33
Chest (nor)	34	..	35½
Chest (exp)	36	...	39
Upper Arm (R)	12	..	12½
,, (L)	12	..	12½
Forearm (R)	11	...	11½
,, (L)	11	..	11½
Waist	29		30
Hips	32	...	34½
Calf (R)	13½	..	14
,, (L)	13½	...	14
Thigh (R)	19	..	20
,, (L)	19	...	20
Knee (R)	13½	..	14
,, (L)	13½	...	14
Chest Expansion	3½	..	6
Age, 22 years		...	23½ years

A Physical Transformation.

Glasgow.

SIR,—I take the pleasure of writing a few lines, hoping to see them inserted in your Readers' Club columns. Your motto is a good one, and I hope these few lines will help many on their road to health and strength.

I must say that before starting Physical Culture I was very delicate. Many physical troubles came to my lot. I had inflammation of the lungs three times, and was also a regular sufferer from catarrh in the stomach, but, thanks to your system, I was transformed from one of "Pharaoh's lean kine" to a sturdy youth. Before starting Physical Culture my arm measured less than nine inches, but now it is over 12½ inches; this shows what your system will do for one who will persevere.

J. MCNAB.

11, Pedensey Road, Eastbourne.

FELLOW READERS,—I take much pleasure in writing you, not as a present reader only, but as a one-time pupil, and I trust that the following necessarily concise account of my personal experience in the broad field of body development will prove, in a slight degree, interesting.

Figuratively, I was nursed in the cradle of athletics. My earliest recollections centre on school sports, in which I excelled, together with my kin, as a juvenile sprinter.

The gymnasium fascinated me next in rotation, and, as a boy and budding youth, I tri-weekly indulged in the most erratic and unconventional

"monkey tricks." But as I progressed to a state of proficiency, the value of gymnastics judiciously indulged in dawned on my athletic vista, and I applied myself vigorously to climb upwards, and to eventually arrive at the apex of the gymnastic mount. Thus I became leader and champion, carrying off the spoils of the chase in the form of stereotyped silver and gold medallions.

Relative to gymnastics, subsequently I could claim a reasonable indulgence in boxing, fencing (not foils), tumbling, and acrobatic feats, as somersault turning, ground upstarts, etc., and clearing the tape the height of my own shoulders. Swimming, rowing, sailing, cycling, weight-lifting and, latterly, wrestling, have all been mastered to some considerable extent. In this latter phase I recently proved victor in an open competition at my weight, whilst in weight-lifting I have long held the reputation of being the local champion; thus, generally, abstracting the prizes from the visiting "strong men" in their competitions.

I have a remembrance of gazing on the initial "strong show" as evidence of physical power beyond all ordinary comprehension or attainment; but a great ambition surged through my youthful mind to at least investigate and, if possible, to become as one of these apparently incomparables. Thus I eagerly purchased "Strength, and How to Obtain it," with the necessary paraphernalia. I let my jaws, literally and metaphorically, devour (and practice) its contents, afterwards placing myself more fully in the President's guiding master-hands.

In conclusion, let me state that I have seen my one-time ambition realised, having given, in conjunction with a friend and personal pupil, a whole week's engagement (non-professional) at the local Hipprodrome—a model strong, acrobatic, gymnastic, posing act—which was extremely well received and press-lauded.

My development and symmetrical proportions may be best summed up in the fact that I am an artist life-model to the Municipal School of Art, and The Studio, locally.

I could go on, it seems, indefinitely with this very egotistical epistle, but, owing to demands on your space and personal time, I will refrain at present. So, wishing your charge (Sandow's Magazine) every conceivable success, and hailing our President personally as the one who initiated me into the glorious benefits, both mental and physical, accruing to true Physical Culture, and admitting myself as one with him in your admirable advocacy of *mens sana*, etc.—Yours very sincerely,

St. Clair Phillips.

Colds and Indigestion Cured.

Redhill.

Sir,—It is now just about three years and four months since I started training on your excellent system. I must say that I was very enthusiastic right from the start, which was inspired by reading your book on "Strength, and How to Obtain It," lent me by a friend. Although not suffering from any serious illness in particular, I was always catching colds, especially after taking a hot bath, till I almost had to give up this luxury. I also had indigestion very bad at times, which always gave me a peculiar drowsy feeling after dinner, making me feel more like going off to sleep than work; but, owing to your exercises for indigestion, which I stuck at persistently, I am glad to say that my digestion is now excellent. As for colds, I cannot remember the last time I had one. I can now take my hot bath once a week with pleasure, without fear of a chill. My own way of taking a cold bath is as follows: First splash the water over head, neck, chest, and heart, then pause a moment to completely recover breath, take up a position over the bath, so as to form a "bridge" by resting the feet on one end and the hands gripping the other, then let the body plunge quickly, go right under, turn over, and then out again. I always make it a practice to contract my muscles while still wet, as I find it greatly assists the circulation. Many physical culturists fall into the error of partaking of breakfast or other meals directly after exercising. This is quite a mistake, because exercise draws the warmth from the stomach, thus depriving it of the means of proper digestion for the time being. I always find it a good plan to finish the toilet after the bath and put away all apparatus you have been using; and there are many things one can find to do besides. If one cannot spare the time to exercise before breakfast he should not do so unless he exercises for a very short period, and then again at night. Two short periods a day are ever so much better than one long turn. For my own part, I find 20 minutes in the morning and 10 minutes at night suit me very well, taking care to do exercises for the upper part of the body at night.

I find this a very good plan of working, as it calls for more interest, finishing up with a few turns at a punching-ball. It will be seen from my measurements below that there is only a slight increase on the arms. This, I think, is due to my neglecting them for the other muscles, which I considered more important, but being of a wiry build, I did not expect a great increase. My first measurements were taken about two months after I had commenced.

Wishing you and your magazine success, I remain, yours for health,

L. H. Winchester.

MEASUREMENTS.

	Nov. 1st, 1902.	March 22nd, 1906.
Age	20 years.	23 years.
Weight (stripped)	8 st. 4 lbs.	9 st. 4 lbs.
Height	5 ft. 6½ in.	5 ft. 7 in.
Neck	14 inches.	15 inches.
Chest (con.)	35½ "	38 "
Chest (exp.)	37½ "	38½ "
Upper right arm	9½ "	11¼ "
Upper left arm	9½ "	11¼ "
Forearm (R)	9 "	10½ "
Forearm (L)	9 "	10½ "
Waist	30½ "	29½ "
Thigh (R)	18½ "	21 "
Thigh (L)	18 "	21 "
Calf (R)	13½ "	14 "
Calf (L)	13½ "	14 "

"SANDOW'S MAGAZINE" GOLD MEDAL PHOTO. COMPETITION.

Having regard to the rapid strides in popularity which have been made recently by physical culture, and the fact that five years have elapsed since we instituted our Great Competition, which, as everyone knows, culminated in the mammoth gathering at the Albert Hall, we feel that the inauguration of this magazine in its new form would be a fitting time to revive the Competition which was such a signal success before. The conditions on the present occasion will be slightly varied in order to meet the altered state of things which prevail. It will be remembered that in the first great Competition all entrants were on an equal footing, but as this is obviously to the great disadvantage of those whose bodies are not fully developed, this time we shall give, each month, medals for two classes, full particulars being given in the conditions set out below.

Conditions of the Competition.

(1) The Competition will be for the purpose of encouraging physical culture amongst all classes.
(2) The judging will be from photographs (back and front if possible) and properly authenticated measurements on the coupon.
(3) A Gold Medal will be presented each month to the one who, in the opinion of the judges, shows the best development and most symmetrical measurements amongst (a) those eighteen years of age or under, and (b) those over eighteen years of age.
(4) No photos can be returned.
(5) The right is reserved to publish any of the photos submitted for competition.
(6) **No winner in a previous competition is eligible.**
(7) The coupon on this page stands good until the last day of the month, and the awards will be announced in another issue.
(8) Competitors from abroad will be entered in the month of receipt of Coupon, providing it was sent during the month for which it is available.

As a new generation, so to speak, of physical culturists has sprung up since the first competition, it will be interesting to compare the general physique then and now.

COUPON FOR APRIL.

Name of Competitor .....

Address .....

MEASUREMENTS.

Age ..... Upper Arm L.....

Height..... Fore Arm L.....

Weight..... Hips.....

Chest Contracted..... Thigh R.....

Chest Expanded..... Calf R.....

Waist..... Thigh L.....

Upper Arm R..... Calf L.....

Fore Arm R..... Ankle.....

Neck .....

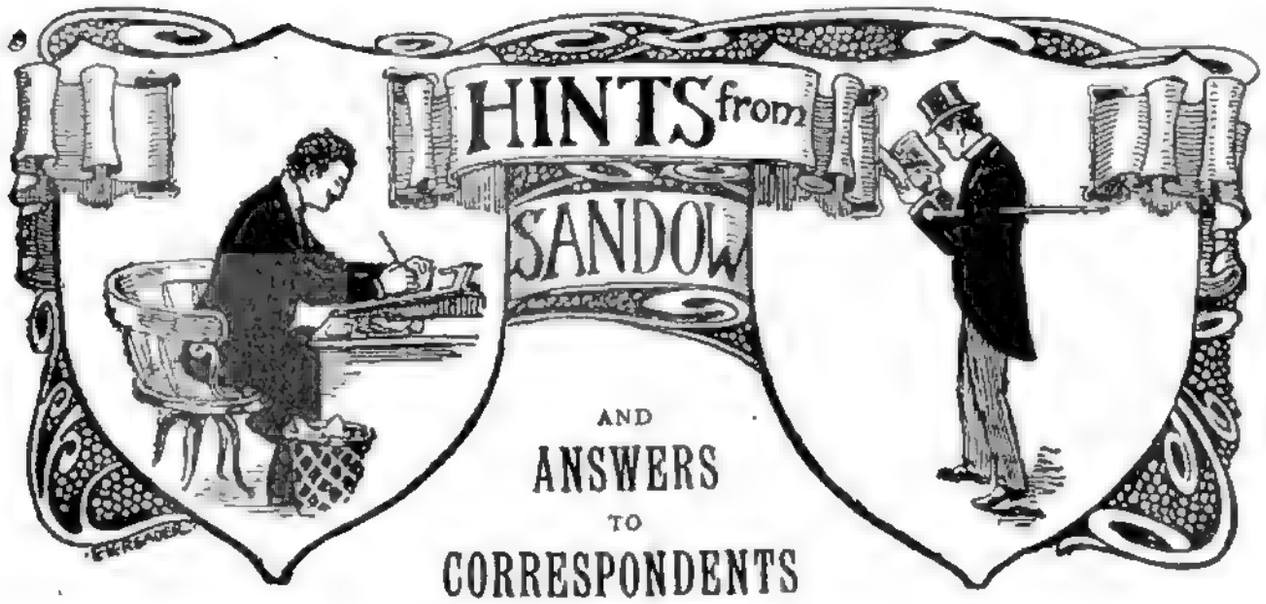
We hereby certify that the above measurements are correct. (SIGNED),

Name..... *Name*.....

....

....

All Photos sent in must have the name of the Competitor written plainly on the back, and, if possible, the measurements should be witnessed by at least one medical man.



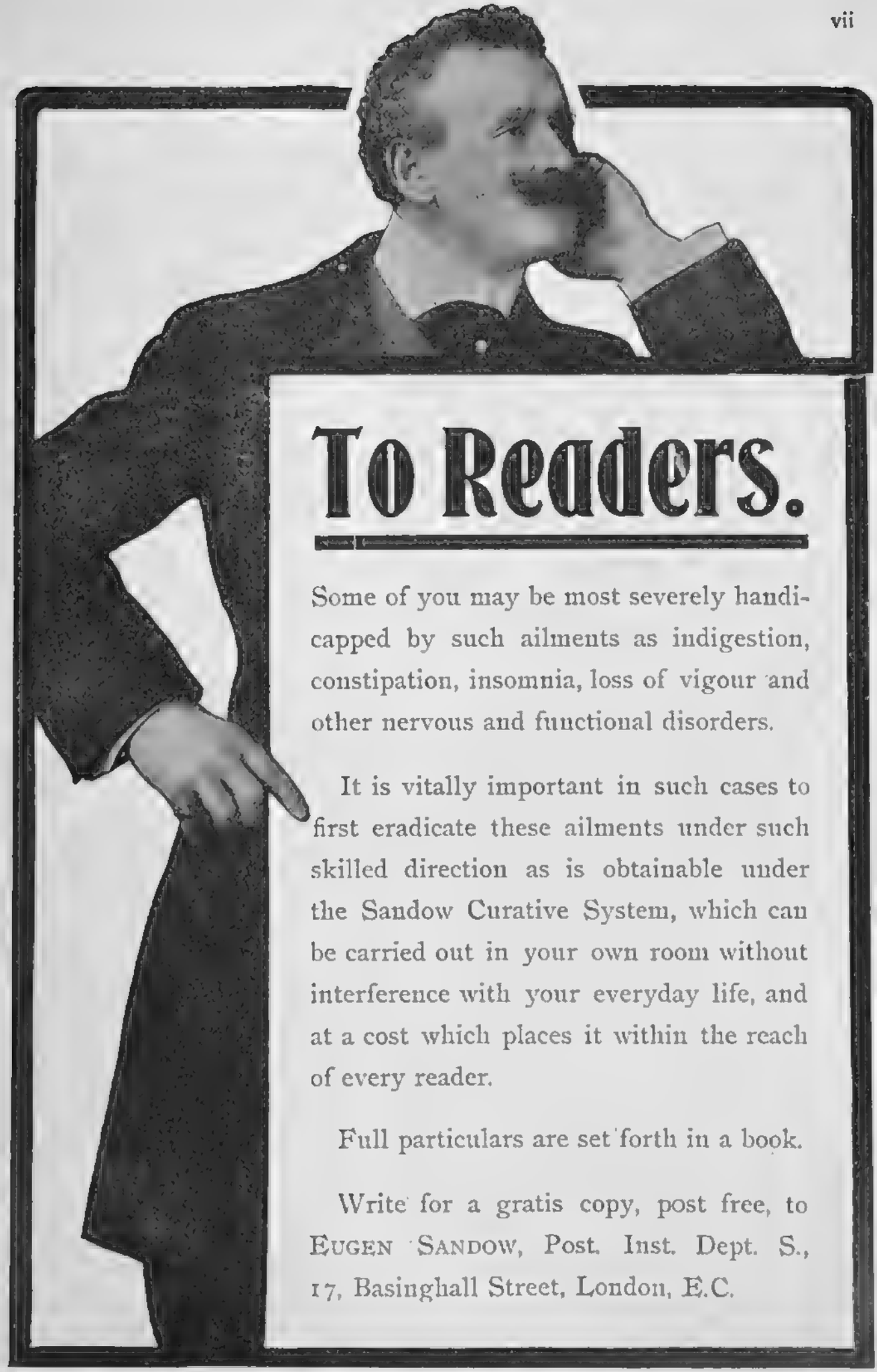
Although I have opened these pages for the purpose of coming into closer touch with my friends and readers, it must be remembered that space is limited, and I CANNOT *prescribe courses here. All communications relating to instruction by post should be addressed to me at* BASING HOUSE, BASINGHALL STREET, E.C., *and these will receive prompt attention. Ordinary replies cannot be answered by post.*

H. S. (BEDFORD) writes: I noticed in a recent issue an answer to an inquiry about "knock knees," but, in my case, the right leg is "knock-knee'd," and this makes it very difficult in walking. The left leg is as straight as anyone could wish it to be. I would feel very grateful, as an old reader, if you would give me some instructions how to treat the defect.

Answer: The only difference in treating one instead of two legs is to practice straightening exercises with the affected leg. A capital little book on curing bow and inbent legs is obtainable by post from Cycle Champion Trainer, Leigh-on-Sea. I believe the price is one shilling.

A. J. B. writes: In a debate recently, I had the occasion to stand up for your system, which I did to the best of my ability, but there are a few points which I cannot altogether answer my opposers in. Of course, one was—(1) "that the body is developed at the expense of the mind," but, of course, that only needs trying to prove the opposite. Nextly, (2) "taking such abnormal exercise, when young, will develop one's muscles to such an extent that, when old and unable to exercise, one will run to enormous quantities of fat." (3) "Stop while you have the chance, so that your body will not *crave* more exercise the older you get, till, when unable to exercise through age, you die of fatty degeneration of the heart." Since I have been here I have been the cause of more than one Developer or pair of Dumb-bells being bought; but now, when in somewhat of a hole, I should be obliged if you will assist me in my (or your) argument. Being hard at exam. work just now, I said that (when being told that I should have no time for exercise when, say, 60) I hoped for a little more than at present, when I still get up half-an-hour earlier in order to make myself fit for the day through twenty minutes' exercise in my own room. (4) Now, does one require much time when old, and immensely strong, to spend in exercising oneself; or when can a man "chuck" it without feeling it to be detrimental? Another interesting subject was (5) hockey for *women*, which is detrimental to their sex; and also, if partaken in to any extent, renders them (6) barren. (7) What does highly developing their bodies, in their own rooms, differ from the effects caused by athletics? (8) and the athletic girls make the worst wives? (9) What amount of time a day do you spend on Physical Culture? Now, hoping these many questions may be of sufficient interest to your good cause to consider and in order that I may the more (10) frustrate the opposing arguments. P.S.—(11) Would not these subjects be worthy of discussion in your Mag.?

Answer: Well, yours is a pretty long list of questions, but I feel that they and their answers will prove interesting to readers. (1) As you say, the first argument refutes itself, but I will add that most of your opponents would appear to be of the same way of thinking as the man whose invariable reply to everything



To Readers.

Some of you may be most severely handicapped by such ailments as indigestion, constipation, insomnia, loss of vigour and other nervous and functional disorders.

It is vitally important in such cases to first eradicate these ailments under such skilled direction as is obtainable under the Sandow Curative System, which can be carried out in your own room without interference with your everyday life, and at a cost which places it within the reach of every reader.

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calling for a little effort, either of mind or body, was—"What's the use?" He who cannot realise benefits to be derived from any course of action may be pardoned for believing in the bliss of ignorance. (2 and 3) A very common error which, however, has a certain substantiation of truth. But let me explain that the only danger lies in the direction of athletics—especially too exclusive devotion to one or more branches, thus developing the body unevenly, especially in its victualling demands. So many athletes make the mistake of all at once "settling down to business," and as suddenly neglecting the exercises to which the body has become habituated, and which had become second nature. The appetite engendered by the active habits continues in anticipation of the continuation of such demand, and thus the one-time athlete is eating more than he requires, whereas the body goes on storing up reserve carbon (fat), and the accumulation soon begets congestion and debility. Anyway, is it not infinitely better for the body to go on craving active, healthy exercise as long as life lasts, so that at last Death softly touches the strings of life with open palm, instantly muting exquisite music of healthy, happy life—is this not infinitely better than to die the daily death of chronic illness, with all its jangling, harshly jarring discords. Besides, think what those people miss who never develop within them the ability to feel like running a hundred yards, rowing a mile or two, swimming across a river, playing a game of football, or otherwise enjoying the poetry of easy muscular action, or the vivid mentality of the sound mind in a sound body. (4) You are more likely to attain to a healthy, happy old age by daily practice of Physical Culture. Why should not one take exercise as regularly as one eats or bathes? Obviously, exercise would gradually become less arduous as age advances. Don't "chuck" exercise until you *have to*. (5) Hockey is very good for girls and women. What is good for the——well, you know the saying. To be beneficial, exercise only needs to be within the healthy capacity of the individual, male or female. (6 and 8) Bosh! (7) A combination of both is best. (9) It varies; but never less than 20 minutes per day. (10) Study the magazine and Physical Culture literature, and you will soon be a master of fence with such dilettantes as your opponents. (11) Yes, I invite letters on any or all of the subjects you raise.

Eggs—and Eggs.

The white of an egg is nearly seven-eighths water, the balance being pure albumen. The yolk is slightly less than one-half water. These figures apply approximately to the eggs of turkeys, hens, geese, ducks and guinea-fowls.

To show how nearly alike the eggs of various domestic fowls are in respect to composition, the following figures are given by the Department of Agriculture:—

Hen's egg—50 per cent. water, 16 per cent "protein," 33 per cent. fat.

Duck's egg—46 per cent. water, 17 per cent. "protein," 36 per cent. fat.

Goose egg—44 per cent. water, 19 per cent. "protein," 36 per cent. fat.

Turkey egg—48 per cent. water, 18 per cent. "protein," 33 per cent. fat.

It should be explained that "protein" is the stuff that goes to make muscle and blood. Fat, of course, is fuel for running the body-machine. Thus it will be seen that eggs, though half, or nearly half, water, are extremely nutritious, containing all the elements required for the building and support of the human body. But the old saying that an egg contains as much nutriment as a pound of beefsteak is far from correct. It would be nearer the fact to estimate a pound of eggs as equal to a pound of lean beefsteak in nourishing power.

All the powers of heaven and earth are on the side of him who aspires.

Nature has given us two eyes and two ears, and but one tongue, that we should see and hear more than we speak.

Man is constantly evolving that which is within him. The very atmosphere is being saturated with our emanations; everything is permeated with the flux of our mentality.

Our Readers' Library.

Any of these Books can be obtained direct and by return post from Our Readers' Library Department, Sandow's Magazine, 131, Temple Chambers, E.C.

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